



TAILWIND

TRAVIS AFB, CALIF.

FRIDAY, APRIL 16, 2004

VOLUME 29, NUMBER 15



TROOPS PROTECT ENVIRONMENT

Deployed Travis civil engineers clean up fuel spill.

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JUNIOR ROTC UNIT RECOGNIZED

Members of Travis' Junior ROTC program receive national recognition.

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TRAVIS YOUTH TO ENTERTAIN

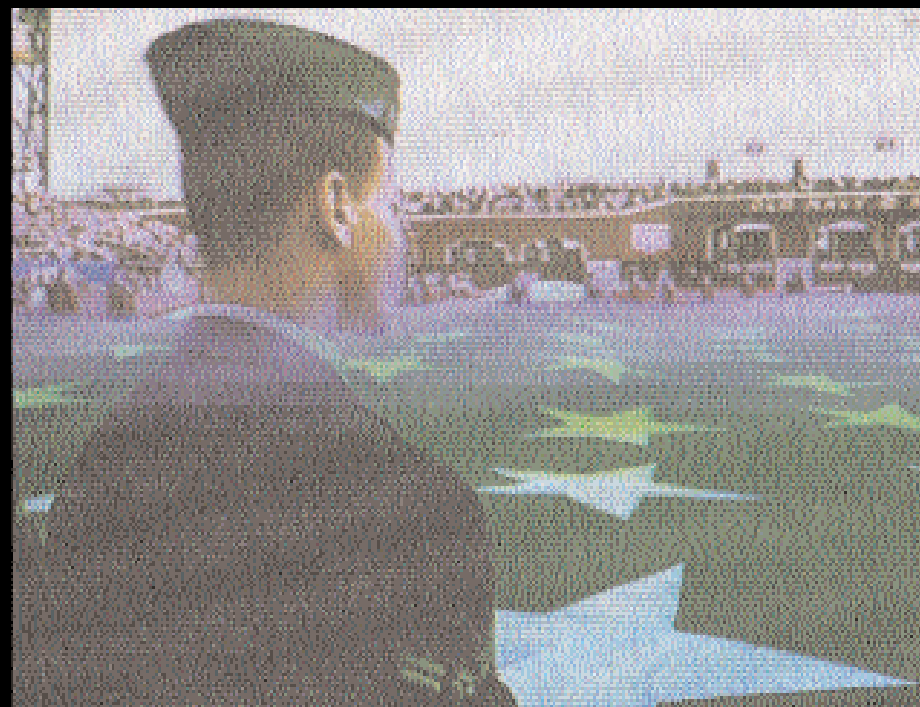
Travis youth to perform at the Mondavi Center this weekend.

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Opening day festivities – page 3

Team Travis performs



at Giants opening day



Commander's Corner

Motorcycle safety: each rider a mentor

By Gen. John P. Jumper
Air Force Chief of Staff

How many times have you heard a story like this one: A couple of friends at a party had been drinking and one suggested they take his new motorcycle to get more alcohol.

They hop on the bike, no helmets, and the operator decides to show how fast the bike can go. He's been signed up for training, but he hasn't completed the course yet. Before long they're traveling at 120 mph in a 60 mph zone. The operator loses control and they crash. The passenger is killed, and the operator spends 30 days in the hospital.

Or one like this: A new motorcycle owner decides to get the biggest, baddest Harley he can get. He doesn't wear a helmet because he doesn't think it's "cool." He had preliminary motorcycle training and a learner's permit. He decides he can pass a car on the right around a curve. He loses control and launches 100 feet into the air. He dies on impact. These actual incidents are only two examples of many similar stories that pass across my desk, and illus-

trate why we need to change the way we think about and approach motorcycle safety.

Motorcycles can be a great form of transportation and entertainment, but they must be respected. Lately, our Air Force members have been involved in a high number of motorcycle accidents, many of which were fatal. In fiscal year 2003, we lost 24 Airmen to motorcycle accidents, most of which involved unsafe operation of single vehicles and operators who practiced poor risk management or operated beyond their abilities, and lost their lives in the process.

Every member of our Air Force is critical for mission success. On the job, we exercise good operational risk management in performing difficult and dangerous tasks. We take care to train new operators in the safest practice of our profession. We provide oversight and guidance for inexperienced Airmen and young officers as they advance from apprentice to journeyman and craftsman. We pass on the benefits of our experience and correct mistakes to help our Airmen succeed. We should also do so during our off-duty activities. Our concern for our people should not end with the workday, and our safety consciousness should not end there either.

Learning about a favorite activity can be enjoyable in itself. The proper training, safety instruction, and skill level make any activity more enjoyable.

Just as we ask experienced operators to mentor and train our less experienced ones, I am asking experienced motorcyclists to mentor new riders and help them develop their skills and knowledge about riding.

For that reason, I have asked the Air Force Chief of Safety, with the assistance of the Vice Chief of Staff and the Air Force Operational Safety Council, to explore, develop, and field a motorcycle mentoring concept that could foster the education and skills development of our motorcycle riders. This Air Force-wide network of motorcycle clubs could foster relationships between riders who have been riding in an area for years and those new to the area or new to riding. They can also create a supportive envi-



Courtesy photo

Gen. John P. Jumper, Air Force Chief of Staff.

ronment of responsible motorcycle riding and enjoyment while serving as a force multiplier for commanders' mishap prevention programs.

My vision is for a mentoring program that will provide motorcycle operators the opportunity to work together to maximize their skills, reduce their chances for mishaps, and have fun in the process. The formula is simple: fundamental knowledge in the form of street strategies and well-honed skills coupled with the most critical element — a responsible riding mindset.

I am also asking commanders to look out for their motorcycle riders. Make sure that the troops under your command who ride are trained to do so. A commander's responsibility for safety does not end with the duty day. Actively seek out those who have bikes or are interested in taking up motorcycle riding. Make sure they take the safety courses offered on our bases, even if they have no intention of riding on base, and encourage them to join these clubs. I ask commanders to encourage all their people to

live life off-duty with the same regard for safety we practice on duty.

To those who ride motorcycles, I respect your right to choose a motorcycle as a form of transportation and/or recreation. But, I ask you to operate them safely, practice good risk management, and operate within your abilities. Above all, make sure you are wearing the proper safety equipment. Also, look out for those who aren't ready for more advanced challenges and prevent them from engaging in dangerous behavior. I'm a new rider myself, and I will be taking an approved motorcycle training course to make sure I am qualified to ride before I take my bike on the road. I'm looking forward to riding, but only when I have the skills necessary to ensure I won't be a danger on the road. And I won't go anywhere without my helmet.

Only through your efforts will we reduce the mishap rate throughout our Air Force. We will provide the tools necessary — it is every rider's responsibility to put them to use.

TAILWIND

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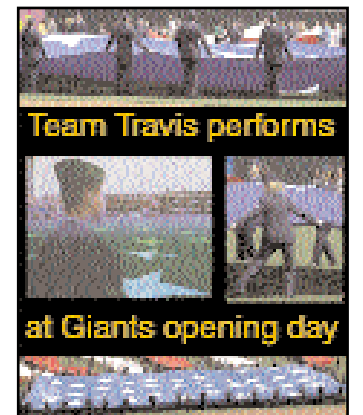
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Editorial content is edited, prepared and provided by the 60th Air Mobility Wing Public Affairs Office at Travis AFB, Calif. All photographs are U.S. Air Force photos unless otherwise indicated.

Correspondence may be sent to: 60th AMW/PA; 400 Brennan Circle; Travis AFB, CA 94535-5005, faxed to 424-5936 or emailed to tailwind@travis.af.mil. Deadline for copy is 4:30 p.m. Friday for the following Friday's issue. Swap Ads must be brought to Bldg. 51 by noon Monday for possible print in that Friday's issue. E-mailed or faxed Swap Ads will not be accepted.

For information on paid advertising and on-base circulation, call (707) 425-4646. Correspondence may be sent to: Daily Republic; 1250 Texas St.; Fairfield, CA 94533 or faxed to (707) 425-5924.

On the Cover



MSgt Tom Mullican/60th AMW Public Affairs

Team Travis performed at the San Francisco Giants opening day festivities.

AIR FORCE KNOWLEDGE



The C-5 Galaxy

The gigantic C-5 Galaxy, with its tremendous payload capability, provides the Air Mobility Command intertheater airlift in support of United States national defense. The C-5, the C-17 Globemaster III and the C-141 Starlifter are partners of AMC's strategic airlift concept. The aircraft carry fully equipped combat-ready military units to any point in the world on short notice then provide field support required to help sustain the fighting force.

Deployed Travis troops help protect environment

By Capt. Angela Smith
380th AEW Public Affairs

SOUTHWEST ASIA — When a fuel pipeline sprang a leak here recently, heavy equipment operators from the 380th Expeditionary Civil Engineering Squadron sprang into action.

The "Dirt Boyz," the nickname for pavements and equipment craftsmen, immediately dug out 900 tons of dirt from a contaminated area that was 700 feet in length, 17 feet wide and 3 feet deep.

"As heavy equipment operators, we are responsible because of our expert knowledge of soil excavation. We take pride in our ability to respond quickly and safely to all hazardous spills, because early response in these situations is the key to protecting the environment," said Master Sgt. Victor Moore, 380th ECES heavy repair superintendent and unit safety representative here.

The team spread out the contaminated soil in 1 to 2 inch layers for aeration and to let the sun evaporate the fuel.

Protecting the environment is top priority, even while deployed.

"Let's protect this environment like it's our own because we share the same world," Sergeant Moore said.

The seven Dirt Boyz here, who all deployed from Travis share a special bond and enthusiasm for their job.

"You never know what you will be doing. In this career field we have a great opportunity to learn about all kinds of equipment and we can then use all the training in the civilian world if we choose to," said Senior Airman Brett Dennie from the 380th ECES.

Being a Dirt Boy requires increased safety precautions too.

"Every day at work we are faced with hazards. You could be operating a piece of equipment in a tight area, around people, or around other pieces of equipment. So you have to be aware of your surroundings and know what's going on all the time. Safety is always important in our job," said Senior Airman David E. Carr, 380th ECES.

Fuel spill clean up is just one of many tasks the Dirt Boyz handle. They also lay pavement, help maintain the wing's infrastructure and move heavy equipment ranging from power generators to trailers used as living quarters.

Senior Airman Brett Dennie inspects a fuel pipeline.



Photo by Senior Airman Matthew Bates/380th Air Base Wing Public Affairs

Travis team joins San Francisco Giants for opening day festivities

By Master Sgt. Scott King
60th AMW Public Affairs

Travis personnel were once again called upon in the bay area to perform opening ceremonies at a major sporting event.

Monday, a flag detail of more than 50 people opened up the San Francisco Giants 2004 home season by unfurling a giant U.S. flag in front of more than 45,000 baseball fans.

"It was one of the best experiences I have ever had," said Senior Airman Theodore Hood, 60th Aircraft Maintenance Squadron communications, navigations specialist. "When the flag opened up, the crowd went crazy and I was very proud to represent the Air

Force. If anyone from Travis has the chance to do this in the future, I recommend doing it — it was definitely worth it."

This is not the first time Travis has been highlighted during sporting events in the bay area. Over the past several years, Travis flag-detail personnel, the Air Force Band of the Golden West, the Travis Honor Guard and C-5s and KC-10s have been featured in front of millions of sports fan in the bay-area.

"You guys are a hard act to follow around here," said Alison Vidal, promotions manager for the San Francisco Giants. "Travis' people are always top-notch, professional and our fans love and have a

lot of respect for what you guys do. I'm sure this is not the last time we will have you guys out here."

The Travis contingent also saw history unfold as Giants six-time most valuable player, Barry Bonds, hit his 660th home run, tying his godfather, Willie Mays, for 3rd place in all time home runs.

"This was a great experience," said 2nd Lt. Pauline Nguyen, 60th Communications Squadron network planning and engineering officer. "It was

amazing to be able to stand out there on the field on opening day of the season in front of a sold-out stadium unfurling the U.S. flag. Then to be able to sit and enjoy a great baseball game and see Barry Bonds hit his 660th homerun and make history made the day even better."

There was a tremendous round of appreciation shown by the Giant's fans following the unfurling of the flag and the presentation of the colors.

"When we unveiled the flag,

there was a loud cheer that came from the crowd," Lieutenant Nguyen said. "After the game we were approached by many fans who thanked us for our service."

"We felt very patriotic standing out there on the field holding the flag with the Star Spangled Banner playing in the background," she said. "It made all of us, and the fans I'm sure, think about what our deployed military members are experiencing overseas."



Photo by Master Sgt. Tom Mullican/60th AMW Public Affairs



Photo by Master Sgt. Scott King/60th AMW Public Affairs

Travis members (top) march to the place where they will unfurl the giant U.S. flag for the opening day ceremonies. The giant U.S. flag (left) is unfurled and held in place by member of Team Travis.

Two new medals recognize units during combat operations

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Secretary of the Air Force Dr. James G. Roche approved two new medals recognizing units for outstanding heroism in combat and for achievement or service in direct support of

combat operations.

The Gallant Unit Citation and the Meritorious Unit Award can be awarded to Air Force active duty, Reserve and Guard units for actions or service while directly supporting combat operations.

The Gallant Unit Citation is awarded to units for extraordinary heroism in action against an armed enemy of the United States. The action must be while engaged in military operations involving conflict with

an opposing foreign force on or after Sept. 11, 2001.

This ribbon is worn immediately before the Joint Meritorious Unit Award. Subsequent awards will be denoted by oak leaf clusters.

"The unit must have performed with marked distinction under difficult and hazardous conditions in accomplishing its mission so as to set it apart from other units participating in the same conflict," said Tech. Sgt. Jeff Simmons, awards and decorations branch superintendent at the Air Force Personnel Center here. "The degree of heroism required is the same as that which would warrant award of the Silver Star which is awarded for gallantry and heroism of high degrees, including risk of life in action."

Meritorious Unit Awards are awarded to units for exceptionally meritorious con-

duct in the performance of outstanding achievement or service directly supporting combat operations for at least 90 continuous days. The military operations must be against an armed enemy of the United States on or after Sept. 11, 2001.

"The degree of achievement required is the same as that which would warrant award of the Legion of Merit," Sergeant Simmons said.

"Service in a combat zone is not required, but service must be directly related to the combat effort."

This ribbon is worn immediately before the Air Force Outstanding Unit Award. Subsequent awards will be denoted by oak leaf clusters.

Both medals are currently in the design phase, which may take several months before they are ready for wear, AFPC officials said. (Courtesy of AFPCNS)



Photo by Staff Sgt. Ricky A. Bloom/Balad Air Base, Iraq

Iraqi Freedom

BALAD AIR BASE, Iraq — Senior Airman Christopher Germain (left) and Senior Airman Jesus Ordaz finish signing their inspection sheets after conducting a preflight inspection on a C-5 Galaxy March 6. Airmen Germain and Ordaz are both crew chiefs with the 332nd Air Maintenance Squadron.

Software helps Airmen track fitness progress

By Staff Sgt. C. Todd Lopez

Air Force Print News

WASHINGTON — The Air Force recently released a tool to help Airmen keep track of their fitness efforts.

The Air Force Fitness Management System is available to all Airmen through the Air Force Portal. The system provides a history of their fitness scores and allows unit fitness managers to enter new scores. It is now the official method to track fitness progress within the Air Force, said Maj. Maureen Harback, the system's program coordinator.

"The purpose of the (system) is to track fitness-assessment results and provide data to commanders," Major Harback said. The system is intended for active duty, Guard and Reserve Airmen.

The system will keep a history of each Airman's fitness scores. The data is not stored on paper in an Airman's record or even on a computer at an Airman's installation, but rather in an Air Force-wide database. This allows fitness scores to travel with Airmen automatically as they change stations. The univer-

sal availability of the data helps ensure Airmen stay current on their fitness assessments, Major Harback said.

"If an Airman transfers to another base and is not current on their fitness assessment, they will show up as not current in the (system)," Major Harback said. "Unit fitness program managers and commanders will then need to take action on those members."

Many units are still doing monthly practice assessments so Airmen can get themselves into shape for an official assessment. The system does not record practice assessments, but it does include a calculator allowing Airmen to enter in numbers from their practice assessments to see how they would score, Major Harback said.

"Airmen will have better visibility of their fitness over time, and they can take actions to address their deficiencies or continue working on their strengths," she said.

This fall, commanders will be able to generate reports to track an Airman's progress through education and intervention programs, Major Harback said.

NEWS NOTES

TRAVIS AIR FORCE BASE

Jogging trail closed

The jogging trail in the housing area that runs between Bradley Boulevard and Cannon

Drive. (by the church) will be closed Monday through Aug. 20. For more information, call Jorjanne Reed at 424-0952.

Chiefs’ Group Scholarship

It’s that time of the year when Community College of the Air Force graduates may be interested in scholarships to assist them financially in their continuing education goals. The Travis AFB Chief’s Group offers a \$250 scholarship to Airmen/NCOs in pay grades of E-1 to E-6 assigned to Travis who will be graduating in May with their CCAF degrees and want to continue their educa-

tion towards a baccalaureate degree. A copy of the application and eligibility requirements are contained on our chief’s website: airforcechiefs.org Upon entering the website, click on the Chiefs Group link and then click on the Travis Chiefs Group. Applications are also available at the education office. The scholarship award will be presented to the recipient at the Community College of the Air Force graduation May 6. For more information, call Chief Master Sgt. Carol Johnson at 424-4300.

Spring flowers

Marigolds, petunias and snapdragons will arrive at the U-Fix-it Store (Bldg. 5570, on the corner of Illinois and Nevada Streets, behind the youth baseball field). These plants are available for pick-up by base housing occupants today and tomorrow. Residents can choose from the available varieties a maximum of six, six-packs (one flat) per family, in any combination. The flowers are available from 8 a.m. to 6 p.m. today and 10 a.m. to 2 p.m. tomorrow.

Scientific poster display

The Clinical Investigation Facility is sponsoring a contest for medical and scientific research conducted by the David Grant USAF Medical Center’s staff from various departments during the 2003 calendar year. Research posters will be displayed in the first floor hallway of the hospital across from the DGMC dining hall through April 19. For more information, call 423-7280.

School of Arts

The Travis School of Arts and Academics is accepting applications for the 2004-2005 school year until 4 p.m. April 23 for first through sixth grades. The school will accept applications for kindergarten until May 28.

The program integrates arts into lessons. Applications are available at all elementary schools in the Travis Unified

School District or the district office at 2751 DeRonde Drive.

For more information, call 437-4621 ext. 103.

New dads boot camp

Boot Camp for New Dads is a program in which “veterans” (new fathers who bring their babies) show “rookies” (fathers-to-be) the ropes of fatherhood. The program is for men only. The program is currently recruiting new dads whose wives are expecting and rookie dads whose wives have just had a baby. The next three-hour workshop is scheduled for April 29 at the Chapel One annex. For more information, call 423-5168.

Common sense parenting

This parenting class is a six-week program geared toward parents of children 3 and older. Topics include how to prevent problems before they occur and how to stop problem behavior. Classes are held at David Grant USAF Medical Center. The next class begins April 28 to June 9. For more information, call the Family Advocacy office at 423-5168

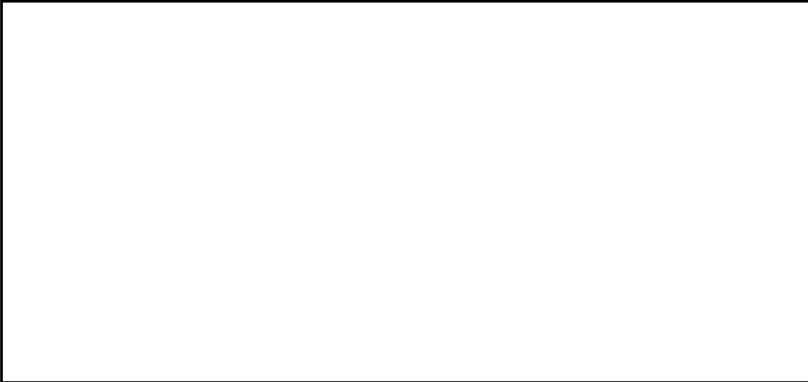
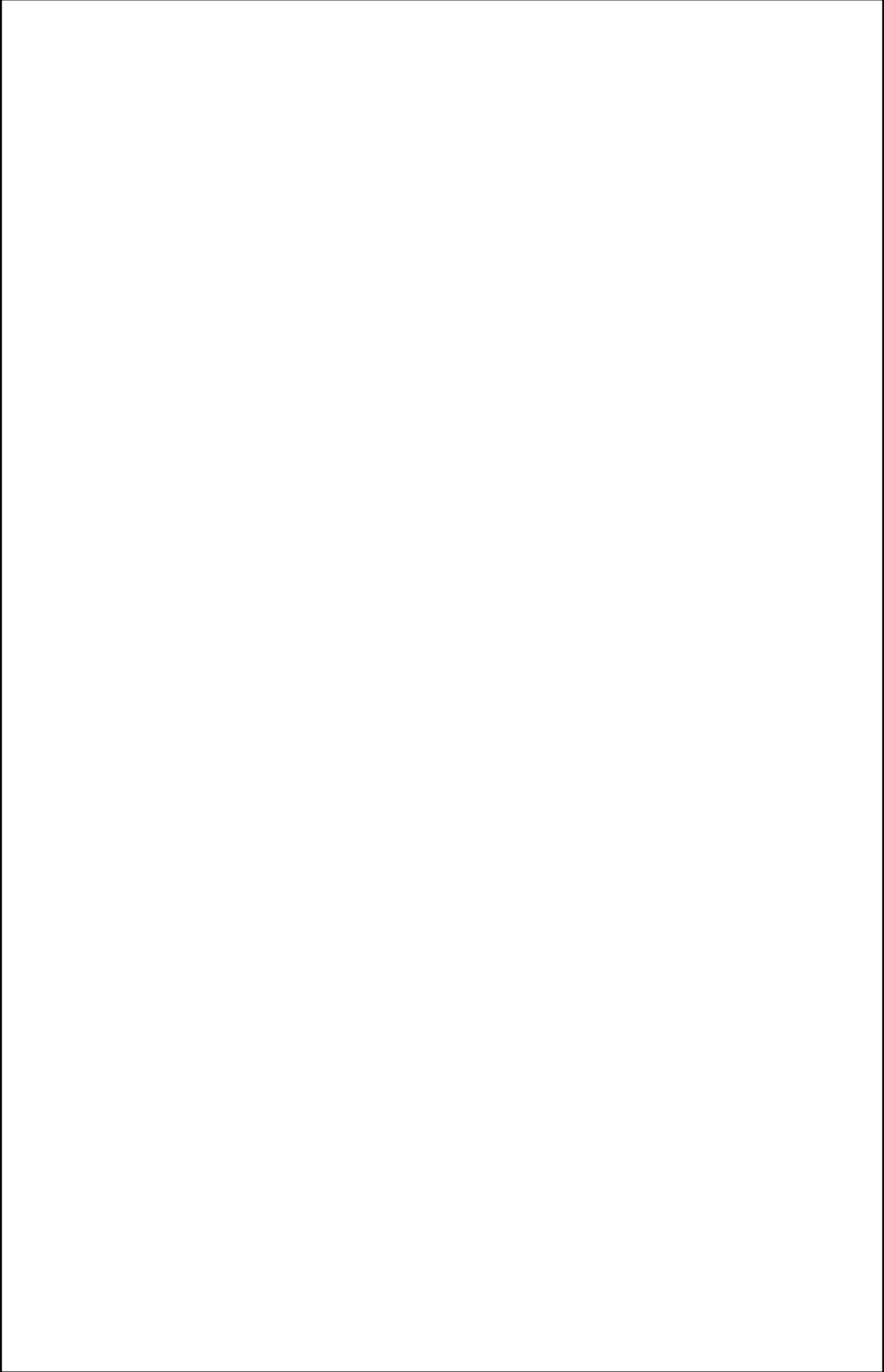
Volunteers needed

The Travis Integrated Delivery System committee will be sponsoring “Kudos” Wednesday from 1 to 5 p.m. Military families will be invited to attend a mock deployment featuring a C-5 walk-thru, demonstrations and a visit to Base “X.” Anyone interested in volunteering or for more information, call Senior Airman Amy Kingdollar at 423-5172.

Scholarship

Travis Credit Union has eight \$1,000 scholarships available to its members. The scholarship program allows graduating high school seniors who are members to participate.

To apply for the scholarship, high school seniors bound for a two or four year college, who are Travis Credit Union members in good standing, must have a GPA of at least 3.0. Completed applications must be received by the credit union by close of business May 14.



Earth Week 2004

Travis activities to begin Monday

Travis' Tenth Annual Earth Day will be celebrated Monday through April 23. The 34th National Earth Day will be observed Thursday.

"There are several activities that will be showcased during this year's Earth Week celebration. Our objective is to produce activities which teach and model respect for our environment," said Dolores Tiburcio, Earth Day Coordinator in the Environmental Flight.

Environmental displays will be set up at AAFES main exchange the week of April 19-23 from 9 a.m. to 6 p.m. There will be a display showing all the compostable materials used to make the finished compost product. Also, two large recycling containers will be set up to show which recycling materials are acceptable and unacceptable in military family housing.

To promote our Affirmative Procurement Program, typical products made from recycled materials will be on display. The Environmental Flight will also be demonstrating the Wing's new CD Based Recycling Training Program. A computer station will be set up for adults and children to view this program Tuesday through April 23.

Visitors will be able to take a "user-friendly" test and print their training certificate. This program will answer all the questions anyone could have about recycling. For example, did you know that Travis generates enough trash and recy-

clables to fill over seven C-5 Galaxy planes per month. From Earth Day forward — all baseball players at National, Johnson and American baseball fields will be able to recycle their cans, plastic and glass bottles. Recycling centers which

separate trash and recyclables will be set up at each ball field. This additional recycling activity will help Travis meet AMC solid waste diversion goals. The recycling centers are made from recycled plastic lumber which looks great yet requires minimal maintenance. The Environmental Flight partnered with the Services Squadron and Maintenance Engineering Operations to implement this program.

In keeping with the spirit of

Earth Day, 15 teams are competing in our annual Recycling Contest which started March 22nd and ends today. Winners will receive their awards at the Wing Standup at 9 a.m. April 22.

The last event scheduled is an Arbor Day Tree Planting Ceremony which will be held Thursday at 1 p.m., in front of Wing Headquarters.

For more information on Earth Day events, call Dolores Tiburcio at 424-5127.

DEAD BATTERIES CAN'T SAVE LIVES

Change the batteries in your smoke detector before the old ones run out. That way, your smoke detector can warn you and your family in the event of a fire.



WELLNESS TIP

AVOIDING MERCURY



Mercury can be harmful to infants, young children, and pregnant (or nursing) women

Mercury is found in the tissue of large and older fish, such as shark, swordfish, king mackerel and tile fish



The Food and Drug Administration recommends those at risk avoid large or older fish; eat no more than 12 ounces per week of low-mercury fish, such as shrimp, canned light tuna, salmon, pollock, catfish); and watch local fish safety advisories

According to Commissary statistics, Air Mobility Command people buy more than 300,000 pounds of fish each year

SOURCE: AMC Command Surgeon Office

InfoGraphic by Tech. Sgt. Mark Diamond

Seatbelts are hugs from your car!

Knowledge is power!
Read a book at the base library.

CRIME STOPPER

TRAVIS SECURITY FORCES ACTIVITY

April 5

Off Base explosive ordnance disposal response
911 Medical emergency in housing

April 6

Trespassing on Travis
911 Medical emergency at the Fisher House
Major Accident on Travis Avenue
911 Medical emergency in housing

April 7

Minor accident on Travis and Burgan Boulevard
Minor accident in Base Exchange parking lot
Damage to Private Property in Bldg 775 parking lot
911 Medical emergency in housing
Verbal Altercation in housing

April 8

Vehicle repossession in dormitory area
911 Medical emergency in Family Camp
Minor accident in David Grant USAF Medical Center parking lot
Patrol assistance required in billeting
Patrol assistance required in DGMC

emergency room
Patrol assistance required at gas station
Shoplifting at base exchange
Damage to private property in Bldg. 977 parking lot
Civilian DUI at main gate

April 9

Damage to private property in dormitory area
911 medical emergency at Bldg. 52
Damage to private property in housing

April 10

911 Medical emergency on Burgan Blvd
Minor accident in mini-mall parking lot
Fleeing the scene of an accident in dormitory parking lot
Shoplifting at the BX
Patrol assistance required in housing
Shoplifting at the BX
Patrol assistance required in dormitory area

April 11

Shoplifting at the BX
911 medical emergency in housing
Theft of private property in housing
Apprehended AWOL member on base

Crime Tip

The California Vehicle Code states that vehicles are required to yield to the right of the side of the road when an emergency vehicle is responding using lights and/or sirens. Be advised, pull aside.

The **SWAP ADS** deadline is noon Monday for that Friday's *TAILWIND*. Ads can be dropped off in Bldg. 51. Submissions do not guarantee publication.

Local ROTC receives national recognition

Tailwind staff

Several members from Travis' ROTC program were honored recently at Bolling Air Force Base, Washington, D.C., for their contributions and mentorship to the Air Force community.

The Golden Gate Chapter here earned the Brig. Gen. William Stevens Award. The Air Force ROTC Outstanding Cadet Award went to Cadet Jeffry Harnly and the Gen. Daniel "Chappie" James Award went to Capt. Demetrius Wilson.

Mary Renae Conley, a junior at Vanden High School, was selected as the recipient of the Air Force Cadet Officer Mentor Action Program High School Leadership Award for the Junior ROTC level.

The awards winners traveled to Washington March 18 to receive their awards March 20.

The Secretary of the Air Force, Dr. James Roche and Brig. Gen. Henry Taylor attended the banquet.

"They offered me so much advice — all these people in charge of the Air Force coming up to you," said Ms. Conley. "It was so cool."

Ms. Conley is a cadet colonel with the Junior ROTC unit here. She is the group commander at Vanden High

School and volunteers every Saturday at the veteran's home. Ms. Conley is one of 300 cadets nationally to attend one of the Air Force Junior ROTC Honors Camps.

She will attend the University of Arizona and Luke Air Force Base camp in June. These camps expose junior ROTC cadets to high technology educational opportunities and careers through a hands-on curriculum, including visits to air and space operational units, research labs, historical sites, aerospace industries, college campuses and orientation flights in small aircraft.

For more than 20 years, the Air Force Cadet/Officer Mentor Action Program volunteers have provided officers with someone he or she can talk with about career development and being a professional and becoming a leader.

The program matches up officers with mentors — officers who have Air Force experience to share. The program serves officers of all grades, said Brig. Gen. Henry Taylor, national program president.

"The focus is on our junior officers, and certainly they make up a large percent of our membership," General Taylor said. "We have involvement from colonels on down.

Our basic context is that every officer is a mentor, and that we want to see every officer mentored."

The program is an officially recognized Air Force activity with 21 chapters across the service. Officers at each chapter conduct visits to local Air Force ROTC and JROTC units to offer guidance to cadets. General Taylor said the chapters also hold fellowship luncheons, feature professional speakers and facilitate the pairing of mentors with protégés.

Protégés are paired with officers in similar career fields, where they can learn from the mentor's military experience and hone their professional skills. But it is not just the protégés that benefit from the program, said Col. James Johnson, president of the Pentagon chapter.

"The mentor experiences true selflessness," Colonel Johnson said. "Giving of one's self, to teach, to train and to encourage fellow officers or cadets will replicate itself in other parts of an officer's life. It provides intangible benefits, including the personal satisfaction of contributing to the development of future leaders of the Air Force."



Courtesy photo

Mary Renae Conley, a junior at Vanden High School on Travis and a cadet colonel in JROTC, attended a banquet in Washington, D.C. where she received the Air Force Cadet Officer Mentor Action Program High School Leadership Award for Junior ROTC.

Classified Ads work. Call the Daily Republic at 425-4646.

Everyone responsible when it comes to feedback

View Point

By Master Sgt. Milton Mahon

6th Air Refueling Squadron First Sergeant

Ferdinand Fournies, in his book, *Coaching for Improved Performance*, estimates that more than 50 percent of all performance problems are a result of a lack of feedback. One of the most important responsibilities a supervisor has is to communicate expectations to subordinates and let them know how well they measure up.

Why? Most people do not join the Air Force with the intention of doing poorly, doing just enough to get by, or intentionally disregarding the standards that govern all our members; therefore, it is imperative that we know the ramifications of not providing feedback to our members. There is key information, as "bluesuiters," we need to stay on top of within the feedback process.

Most people probably think that the rater is the only one responsible in the feedback process, but as you will see, the subordinate has a very important role.

However, the rater's role in providing feedback is the most critical function in any supervisory relationship.

Not providing feedback is not only detrimental to the individual but the entire Air Force as an institution. What if we lived in a world without maps? Imagine you had to make a trip from Boston to Sierra Vista, Ariz., and you weren't allowed to ask anyone for directions or get any feedback on your journey as to where you were along the way. Could you do it? Possibly, but isn't there a better way?

When you become ill and visit the doctor, what would be your reaction if the doctor walked into the room, examined you, asked no questions, provided you no feedback on your condition and then exited the

room dismissing you? Does it sound like you were treated appropriately?

These two situations may sound extreme, but they directly parallel not providing feedback. Without feedback our people can wander aimlessly and stab blindly at what they think is expected of them or what they envision to be important. We cause the ability to attain success to be much more difficult when we fail to provide meaningful feedback to our people. A lot of the responsibility is placed squarely on the shoulders of the supervisor in providing feedback, but I can assure you subordinates have a vital role in the process as well.

Subordinates have a significant responsibility to know when their formal feedback session is due and to request feedback on their performance when a supervisor doesn't provide what is required by Air Force Instruction.

Subordinates need to know they can request a feedback at any time, but at a minimum, the request should fall in line within the parameters outlined in AFI 36-2406.

Most of us know we can request a feedback, but a lot of ratees think everything must be going "peachy keen" if their supervisor does not give them feedback. This is unfortunately not true and is the main reason the AFI directs all ratees to know when feedback sessions are due and to request a feedback session if one is needed.

The bottom line is the Air Force wants its members to have the ability to "aim high" or to self actualize into the best leaders possible. Although, the ratee's role is important, the lion's share of the charge in the process is place directly on the rater.

The supervisor's role in providing feedback is colossal to the Air Force way of life; we all desperately need and deserve feedback. The Air Force has entrusted this huge responsibility on the rater because they are the senior members who should have the experience and training to guide, mentor, and train our junior mem-

bers to allow them to become our leaders of tomorrow.

All raters are charged with preparing, scheduling, and conducting feedback sessions in accordance with applicable guidelines in the AFI — "regardless of whether the rater received a feedback notice." Raters must stay aware of standards and expectations and consider them when providing feedback to personnel.

It all starts with the initial feedback session where these standards and expectations are laid out to the ratee. The initial feedback and corresponding performance feedback worksheet provided to the ratee becomes the "yardstick" for the remainder of the reporting period.

During follow-up sessions, break out the initial PFW, as a reminder, to allow the ratee to compare initial expectations from the beginning of the reporting period to their typical day-to-day performance throughout the period. This practice will serve as a source of reference to both the ratee and rater.

Providing realistic feedback (one on one discussion with the ratee) backed with written comments on the PFW helps the ratee improve performance and allows them to excel. There should never be any surprises to the ratee at the end of the reporting period when they receive their enlisted performance report.

Success can be much more easily achieved if people know what they are striving for. As I previously mentioned, the ratee has a huge role in this process. If you aren't receiving feedback, ask for it, and if you don't receive it as required in the AFI, notify the rater's rater.

Remember, the supervisor is ultimately responsible for ensuring meaningful, formal feedback occurs. As supervisors, we get paid to be just that, so let's help each other ensure we are fulfilling our responsibilities as leaders and make a mark by leaving the next generation and our Air Force in a better state than we found it.



Photo by Carl Bergquist/Maxwell AFB, Ala.

(Clockwise) Tech. Sgt. John Chapman's mother, Terry Giaccone; his wife, Valerie; and their daughters, Madison and Brianna; view an exhibit dedicated to him in the Enlisted Heritage Hall on Gunter Annex. A combat controller and Air Force Cross recipient, Sergeant Chapman was killed March 4, 2002, during an operation in Afghanistan.

Airman honored for courage under fire

By Carl Bergquist
Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. (AFPN) — A fallen hero was honored recently when the Enlisted Heritage Hall on Gunter Annex dedicated the Tech. Sgt. John Chapman exhibit.

A combat controller and Air Force Cross recipient, Sergeant Chapman was killed March 4, 2002, during an operation in Afghanistan when he "distinguished himself for extraordinary heroism against an armed enemy of the United States."

During a close-air support mission, Sergeant Chapman's helicopter was hit by a rocket-propelled grenade, resulting in a Navy SEAL falling from the aircraft to the ground.

Once the disabled helicopter landed, Sergeant Chapman called in an AC-130 gunship to secure the area around the helicopter and to search for the injured Sailor. When he was located, Sergeant Chapman vol-

unteered to help rescue him.

In the course of the extraction, the rescue team encountered heavy enemy resistance. During an intense close-range firefight with a dug-in machine-gunner, Sergeant Chapman was killed.

Valerie Chapman, Sergeant Chapman's widow, said the dedication was "a beautiful ceremony" and a great honor for both her husband and all combat controllers. She said since her husband's death, the 24th STS Airmen have become "even more of a part of my military family" than when her husband was alive.

"This exhibit at the Enlisted Heritage Hall is a wonderful way to honor him and the combat-controller community," said Ms. Chapman.

Terry Giaccone, Sergeant Chapman's mother, said the ceremony was a "very nice tribute" to her son.

"I think he would have been quite touched by the care and

loving that was put into the ceremony and exhibit," she said.

Col. Craig Rith, Sergeant Chapman's commander at 24th STS, said the sergeant had an "extraordinary life shaped by his dedication and enthusiasm."

The colonel said Sergeant Chapman chose excellence early in his life and dedicated himself to mastering his combat-controller duties.

"On that wind-swept mountain near Gardez, Afghanistan, (Sergeant Chapman) knew he was going into the jaws of death when he volunteered to rescue his fellow team member," Colonel Rith said. "He made the final decision of his life when he charged that machine gun and had he not, the entire rescue crew would have been killed."

Following the formal ceremony outside the hall, the Chapman family was escorted into the museum for the exhibit's unveiling.

As the crowd watched, Ms. Chapman and her daughters, Brianna and Madison, pulled the covering from the exhibit honoring Sergeant Chapman.

The exhibit features a life-size mannequin of Sergeant Chapman, his Air Force Cross and information about him and his mission in Afghanistan. (Courtesy of Air Education and Training Command News Service)

Iraq peace efforts will continue to take time

By Jim Garamone
American Forces Press Service

MANAMA, Bahrain (AFP) — People worldwide have to realize the coalition effort in Iraq is a long-term project, the chairman of the Joint Chiefs of Staff said here Tuesday.

Gen. Richard B. Myers is here for meetings with Bahraini leaders. During the flight over, he said the problems in Iraq can be solved, but it will take time.

"We've been there just a year," General Myers told reporters traveling with him. "We've got a country that lived for decades under a dictator that ruled by fear. The thought that you are going to turn that around in a year, or two years, is not reasonable. It's going to take a lot longer than that."

General Myers said coalition forces found a country with a dilapidated infrastructure, a failing economic structure and a political vacuum. On top of those problems, he said, some Iraqis do not want the country to be free and democratic.

"That's what you're seeing now," he said.

He said coalition forces are making great progress on all fronts. Electricity generation is above prewar levels, Iraq's oil is flowing to market, children are being educated, and the health system is being bulked up.

"On any front, we're making great progress," he said.

Yet there are people who do not want to see Iraq succeed, the chairman said, and they "want to throw a rock into these gears to stop it from happening."

The prime rock thrower is Abu Musab al-Zarqawi, a Jordanian national affiliated with al-Qaida. The chairman said Mr. Zarqawi would like to incite a civil war in Iraq. "And he is frustrated, because despite all the attacks on the (United Nations), the Red Cross and others, there still is the march (toward) sovereignty and democracy in Iraq," he said.

"I don't think a civil war will come from the Iraqi people," General Myers said. If such a war were to happen, it would be the work of "agitators, like (Mr.) Zarqawi, who see this as a fundamental fight for (their) views."

The path to a free, democratic Iraq will be bumpy, General Myers said. The key is to ensure everyone in the country, including those favored by Saddam Hussein, has a stake in the new Iraq.

General Myers said coalition forces will stick to the strategy of moving security missions to Iraqi forces. He said the recent fighting showed the Iraqi security forces were "uneven," but added that elements of the Iraqi army, the Iraqi civil defense corps and the Iraqi police have done well.

"There are other elements that have not done as well," he said. "I don't think it (means) that they don't want to be part of a free Iraq. I think it speaks to the other issue, which is making sure they have clear guidance from Iraqis on what it is they are supposed to be about."

General Myers said the Iraqi

forces need to have guidance and orders from an Iraqi political leadership.

"We haven't completed that chain of command yet," he said. "Iraqis have to have their own chain of command to know they are moving forward and working for a greater Iraq."

Coalition forces also must beef up training for Iraqi security forces and get them the right equipment, Myers said.

"There is no indication that the Iraqis are not willing to fight and die for a better Iraq. They have," he said.

The chairman said the disturbances caused by Muqtada al-Sadr have worked against the radical Shia cleric.

"This doesn't have any of the trappings of a popular uprising," General Myers said. "(Mr. Sadr's) actions have further marginalized him. The Shia are not homogeneous, and his following was not large to begin with, and there is nothing at

this point to point to an uprising in the south."

The chairman said coalition leaders took advantage of the ongoing troop rotation from the United States to place units where they will do the most good. Some 1st Armored Division units, for example, moved to quell the disturbances in the south.

The United States now has 134,000 troops in Iraq. Some troops scheduled to go home will stay in Iraq longer, the

chairman said, adding that defense leaders are working through this and an announcement will be made at the Pentagon soon.

About 40,000 U.S. troops are still in Iraq from the beginning of Operation Iraqi Freedom. Not all will be held, he said.


The chairman said he believes the troops affected by the decision understand that "the security situation has changed, and we have to make adjustments."

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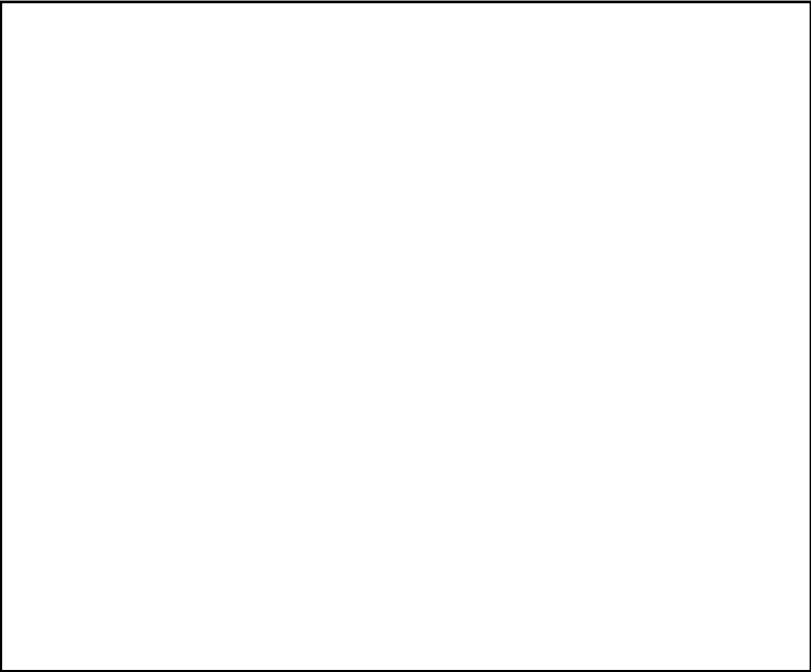


Asthma remains chronic, treatable disease

By Maj. (Dr.) Michael Younker
60th Medical Group

A severe cough. Shortness of breath. Wheezing. Some people live with these symptoms on a daily basis. For some, it may be

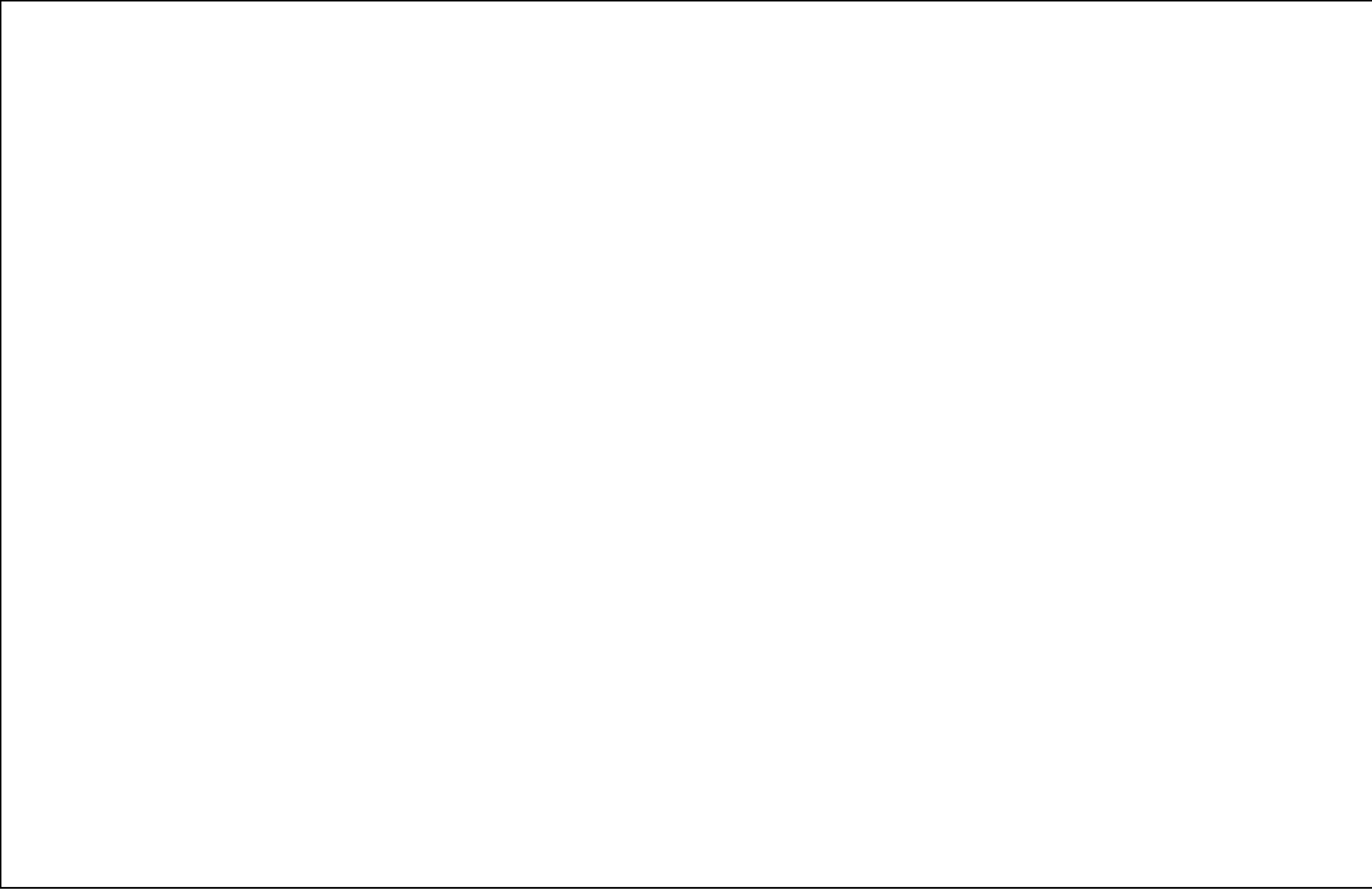
as simple as not being in peak physical condition, throat scratchiness due to irritants such as dust or tobacco smoke or chronic sinus drainage. There are also many lung diseases associated with these



symptoms. For others, however, this means living with asthma, a chronic disease involving inflammation of the airways. Approximately 14 to 15 million people in the United States have been diagnosed and are affected by asthma. Quality of life can be severely affected, preventing many from carrying out activities of daily life if the disease is left untreated. The disease is also potentially fatal. Fewer individuals will experience coughing, shortness of breath and wheezing and look forward to years of breathing easier if asthma awareness can be increased enough to convince people to seek medical help. That is why May is designated as Allergy and Asthma Awareness Month at the David Grant USAF Medical Center. It is important to seek medical help if the above symptoms happen, either separately or in combination. Patients should see their primary care physician for evaluation, which may

require performing a diagnostic test known as “spirometry” or “pulmonary function test (PFT).” This involves blowing air into a mouthpiece attached to a computer, which reads various lung volumes to determine evidence of airway obstruction — blockage of airflow out of the lungs, which suggests asthma. Patients are given a breathing treatment with one or more medications to attempt to open their airways if the initial test does not reveal evidence for asthma. A certain amount of improvement in the test results can mean a diagnosis of asthma. However, the test can be completely normal, even if a patient has severe asthma but has no/mild symptoms that particular day. Further testing can be done via a Methacholine Challenge if asthma is still suspected. This medication can temporarily provoke asthma symptoms in a safe, controllable manner to confirm the diagno-

sis. Attention has turned to improving preventive treatments because of increased awareness and the high cost associated with millions of patients treated or hospitalized for asthma attacks each year. Newer medications have fewer side effects, are taken less often throughout the day and are safer for long-term use. Along with the traditional “pump” type of metered dose inhaler, or MDI, a new generation of inhaler dispenses medication via a dry powder inhalation, or DPI. If you have asthma and have asthma symptoms more than twice a week or nighttime asthma symptom more than twice a month, you may need to be on controller medications. Please see your doctor or Primary Care Manager to discuss your asthma management. For more information, call 423-5107 or your Primary Care Manager.



Air Force One Source offers information, resources — free

Courtesy of the Family Support Center

Air Force One Source is provided in partnership with the Family Support Center and other base helping agencies, at no cost. Air Force One Source provides assistance and information on a variety of topics, such as preparing for a new baby, dealing with relationship issues, preparing for deployment and reunion, getting out of debt, or buying a new vehicle. Air Force One

Source provides a customized response, whatever the needs. There is no cost and privacy is highly respected. Twenty-four hour service is provided seven days a week, 365 days a year and phones are answered by qualified staff. Air Force One Source has consultants who speak Spanish and offer simultaneous translation into more than 150 other languages. TTY/TDD and handicapped Web site access is also available.

- » Set up a private user ID and password.
- » Personalize the home page, bookmark favorite pages, articles and resources and sign up for free monthly newsletters.
- » Skip data fields and go straight to your home page.

Check out some of the featured tools found on My Air Force One Source; the Financial Calculator, or take a self assessment; ***Is a Traumatic Event Causing You Stress?*** All this and more is found on the My Air Force One Source website.

To read or download life articles, go to **www.air-forceonesource.com** and click on This Month's Feature, or call Air Force One Source today: from the United States: 1-800-707-5784, from outside the United States only: 800-7075-7844, Or call collect from outside the United States: 484-530-5913. Visit the site at **www.air-forceonesource.com**, User ID: airforce, password: ready. En español, llame al 1-800-375-5971. Call TTY/TTD at 1-800-346-9188.



Retiree Appreciation day is April 24

The Travis Retiree Activities Office is hosting a retiree appreciation day for military retirees/spouses April 24.

The formal part of the program starts at 9 a.m. However, coffee and donuts will be available at 8 a.m.

The event is at the Travis Conference Center, located on Arnold Court, Bldg. 480. Speakers' topics include casualty assistance

and legal matters.

The keynote speaker is Maj. Gen. (ret) Richard Murray, National Association of Uniformed Services president. Mr. Murray will speak on legislative issues and the survivor benefit program.

Following the speakers, medical screenings for blood pressure and cholesterol will be available. Box lunches will be provided at no cost.

Military Personnel and Immediate Family

To reach members of your family in times of emergency need, call the American Red Cross Armed Forces Emergency Service Center toll-free at (877) 272-7337.





Staff Sgt. Dee Reinhardt, core laboratory technician, performs a blood smear review.



Airman 1st Class Grant Frazier, medical technician, plates a sample in a petri dish for analysis.

**Photos by
Jim Spellman
60th Medical
Group**

National Lab

DGMC honors laboratory

by Maj. Lucy Lim
60th Diagnostics and Therapeutics Squadron

National Medical Laboratory Week, April 18-24, is an opportunity to recognize the vital contribution the laboratory professionals at the David Grant USAF Medical Center perform in the health care field.

To many people at Team Travis, laboratory testing is the invisible side of our medical care system. Yet, the decisions made by healthcare providers in the diagnosis of a patient's health status are derived from clinical laboratory test results. NMLW recognizes and honors the 265,000 medical laboratory professionals and 15,000 board certified pathologists who perform and interpret medical laboratory tests.

According to the American Society for Clinical Pathology, 10 billion tests are performed each year in the United States. The initial and follow-up treatment plans will be guided by the laboratory data, in light of other symptoms, observed by the provider. Given the crucial, behind-the-scenes role played by the laboratory professional, we felt the need to provide fellow medical colleagues and Team Travis personnel some insight into our career field, so that others may know and understand, and still others may be drawn into this career.

An opportunity to showcase the medical laboratory's contribution to better healthcare will be made to television viewers on **CSI: Crime Scene Investigation**, during a special 15-second public service announcement. Actor William Petersen, co-producer and star of CSI, will deliver a salute to laboratory professionals across the nation in conjunction with the ASCP and the CBS television network.

"It's National Medical Laboratory Week. I want to salute pathologists and laboratory professionals across

the country, states M... day, they use their sk... and solve crimes. To... heroes." As the ASC... adds, "If you are inte... sciences, check out a...

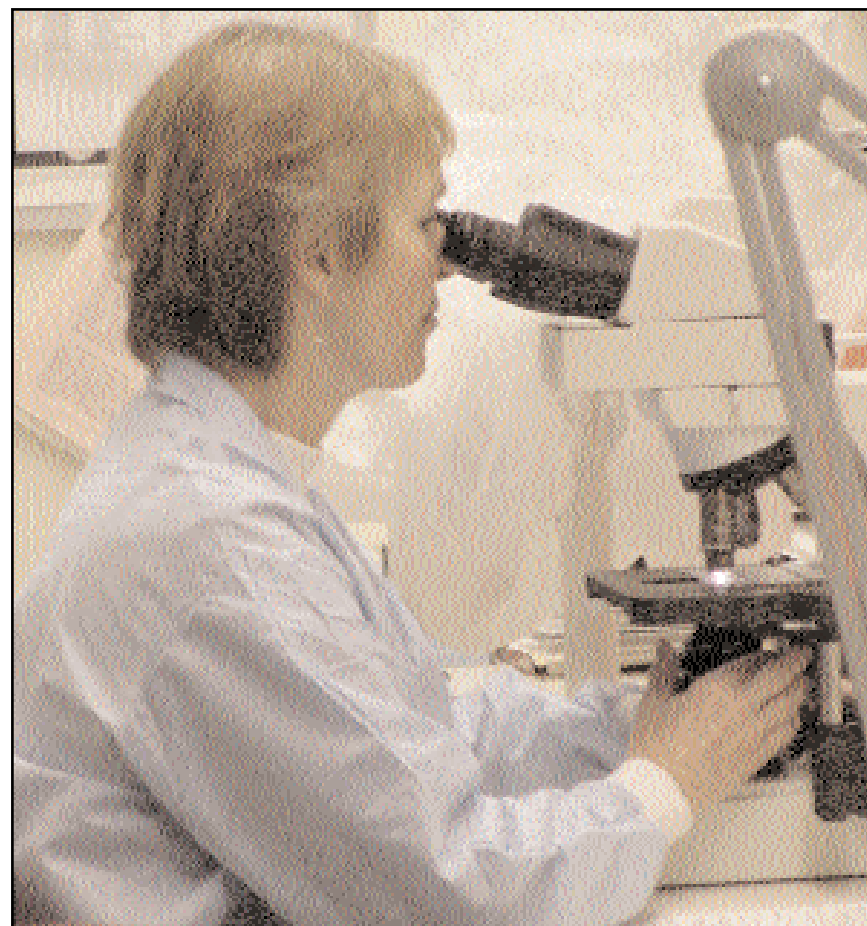
The PSA will be ai... Week, most likely du... and CSI Miami.

The laboratory of t... ed choice of settings... reference labs, hospit... public health facilitie... skilled team of medic... gists, technicians and... together to determin... ease.

Testing is perform... chemistry, hematology... In the commercial bu... tions available in ma... equipment and produ... development of new t... grows and the numbe... testing is introduced... for highly skilled and...

"All clinical labora... ulations imposed by... Administration," said... Diagnostics and Ther...

"Additionally, sever... agencies ensure thes... both during the man... in the clinical labora... Laboratory Improver... Anderson explained.



Ms. Judy Broestler, microbiology technician supervisor, reviews a fungal smear through a microscope.



Airman

Laboratory Week

Laboratory professionals

Mr. Peterson in the PSA. "Every day, there is a shortage of such P logo is shown on the screen, he is interested in a career in laboratory scp.org."

ired during National Laboratory rring the primetime shows, CSI

today may be found in an unlimit- These include large commercial tals, clinics, nursing homes, and es. In all of these settings, a highly al doctors (pathologists), technolo- d instrument specialists work e the presence and extent of dis-

ed in the areas of blood banking, y, immunology, and microbiology. usiness setting, there are also posi- rking and sales of laboratory icts, as well as the research and echnologies. As the population er of newly available and complex , there will be an increasing need l educated professionals.

atory tests are subjected to the reg- the U. S. Food and Drug d Col. Loraine Anderson, 60th rapeutics Squadron commander. ral other federal and state health e tests meet stringent standards ufacturing process and when used tory. In particular is the Clinical ment Amendments," Colonel "This requirement was passed by

Congress in 1988 and finalized in 1992. CLIA estab- lishes quality standards for laboratory testing to ensure accurate and timely results. CLIA also includes standards for the education and training of lab person- nel."

"All medical technologists have several common characteristics," added Tech. Sgt. Danilo Caraballo, assistant noncommissioned officer in charge of the core laboratory. "By necessity, they are problem-solvers, enjoy challenges, responsibility, and enjoy the science behind the testing performed. They are accurate, reli- able, work well under pressure and are able to com- plete a task once started. Medical technologists must work quickly and carefully during the testing process; they are self-sufficient, precise and thorough. They operate complex analytical and electronic equipments, computers, precision instruments, and are able to trou- ble-shoot these instruments."

"The technologist is responsible for confirming the accuracy of the test results and the reporting of the laboratory findings to the pathologist and the request- ing providers," said Colonel Anderson. "They communi- cate well, both in writing and speaking. They set high standards for themselves and expect quality in the work they accomplish."

Being a medical technologist means a life-long com- mitment to continuing education and professional development. To ensure all medical technologists and technicians are competent to perform high quality lab- oratory testing, a certification resultant from passing a written examination from a nationally recognized board of registry, is required. Students may take this certification exam after completing their academic and hands-on ("bench work") laboratory training.

For more information on possible careers in labora- tory research, visit www.ascp.org or call 423-7715.



Mr. Jim Rogers, chemistry technician, and Ms. Macey Niemotha, chemistry technology supervisor, review the infectious disease and cardiology panel.



1st Class Amanda Roth, Phase II student, locates a good vein for a blood draw.



Airman 1st Class Alyssa Engbrecht, medical laboratory Phase II student, reads a microbiology plate.

Travis kids perform at Mondavi

By Christy Mann-Iames
60th Services Squadron

Travis youth have many opportunities to perform each year including talent shows, musical productions and plays. But this weekend four children from Travis will be performing at the prestigious Robert and Margrit Mondavi Center for the Performing Arts at the University of California, Davis.

"The kids were wonderful at the auditions," said Youth Center director Sandra Latchford. "They are all so talented. It is exciting for them to perform at Mondavi."

The Omega Boys and Girls



Courtesy Photo

Lauren Belanger will perform a autobiographical monologue entitled, "Mini Me" at the Omega Talent Hunt on Sunday at the Mondavi Center.

Northern California area will compete for cash awards and trophies. The grand prize winner will receive \$300, a first place trophy and an all-expense-paid trip to Palm Springs to compete at the district level.

Three Travis teens, Cheyenne Murphy, Kayla Ross and Lauren Belanger, will compete at the Talent Hunt.

Although too young to compete, nine-year-old Kendra Lucero from Travis

will also perform at Mondavi and will receive a certificate of appreciation.

Miss Lucero has been playing the piano for three years and will perform **Fur Elise**

by Beethoven.

"Playing piano makes me feel good," said Miss Lucero. "I like moving my fingers and hearing the music I make."

All four girls are excited to perform at such a large venue.

"I've been singing since I was four, but nothing like this has ever happened," said Miss Ross. "I've never performed in a place this big."

That seems to be the consensus of the group.

Miss Ross will sing the patriotic number, **"God Bless the U.S.A."**

"This song really meant a lot to me when my dad was in Iraq," she said. "I believe that God has truly blessed the U.S.A."

Miss Murphy won the Air Force Teen and Family Talent Show with her rendition of **"In My Own Little Corner"** from Cinderella. She will perform the same song for the Omega Talent Hunt.

"I think I do better each time I perform it," said Miss Murphy.

Miss Belanger's performance is a monologue she wrote herself titled, **"Mini Me."**

"I have Crohn's disease and it makes me short for my age. I'm not as young as I look," said Miss Belanger. "People tease me, so I am playing on that. The monologue is funny."

Tickets for the program are \$15 for adults, \$8 for students and children.

The Theta Pi Chapter of the Omega Psi Phi Fraternity has sponsored the Omega Talent Hunt since 1944. Call the Continentals of Omega at 643-1728 or U.C. Davis at (530) 752-1915 for tickets and more information.



Photo by Audrey Quillen / Visual Information

Kayla Ross performed at the Travis Teen and Family Talent show in November. She will sing "God Bless the U.S.A." at the

Club in Vallejo held auditions in February and March with a special audition at the Travis Youth Center on March 25.

"A retired Navy commander, Herb Jones, who is a volunteer with Omega Boys and Girls Club, was nice enough to hold auditions for our kids at the Youth Center rather than making them go to Vallejo," said Ms. Latchford.

The 2004 Omega Talent Hunt titled "Where Stars are Born" will be on Sunday from 5 to 7 p.m. at the Mondavi Center. Twelve teens from the



Photo by Jasmine Lucero

Nine-year-old Kendra Lucero will play Beethoven's "Fur Elise" at the 2004 Omega Talent Hunt "Where the Stars are Born" Sunday.

COMMUNITY BRIEFS

TRAVIS AIR FORCE BASE

Announcements

Exploring Marin Headlands

The Outdoor Adventure Program explores the old military buildings, the Bonita Lighthouse and an amazing view of the Golden Gate Bridge from the Marin Headlands May 1. This easy hike also offers great opportunities for bird watching. The cost is \$12 for transportation and hikers must sign up by April 30. For more information, call OAP at 424-5659.

Frame family photos for mom

Make this Mother's Day special with a custom framed family portrait or a collage of candid family photographs. The Frame Shop offers 15 percent off the custom framing of all family photos until April 23. Order now to have it finished by Mom's Day. For more information, call 424-4391.

Make reservations for Mother's Day

Enjoy an elegant Mother's Day buffet for the entire family at the Delta Breeze Club. There are seatings at 11 a.m., 2 p.m. and 4:30 p.m. The all-you-care-to-eat menu includes prime rib, baked ham, barbecue ribs, fried chicken, shrimp, salmon and desserts. All moms get a carnation. Adult members pay \$16.95, ages 6 to 12 pay \$6.95 and children 5 and under are free.

Cruising to Alaska

Leisure Travel has just announced a 12-day cruise from San Francisco to Alaska leaving on May 17. Special rates are available to all active duty, retirees, reservists, Department of Defense employees and their families. For more information, call Georgie Ellis at 424-0971.

Month of the Military Child

The Department of Defense recognizes the challenges dependent children face, and has set aside April as the Month of the Military Child. Children, teens, parents and singles are invited to take part in the special events planed in April like the military child art exhibit, early childhood mini conference, the late night skate and the Easter Eggstravaganza. Log onto www.60thServices.com for a calendar of events.

Weekly Events

Today

▲ Tonight is the youth Late Night Skate at the Travis Skating Rink. Youth ages 6 and up will skate, play games and eat pizza from 5 p.m. to midnight. Price is \$20. For more information, call 424-3891.

Saturday

▲ Parents and caregivers are invited to the Early Childhood Mini-Conference at the Family Support Center from 9 a.m. to 1 p.m. to share ideas and enhance childcare skills. For more information call 424-2057.

▲ Come watch the Travis Saddle Club's horse show and trials featuring 58 classes at the Equestrian Center. The gate opens at 7:30 a.m. For more information, call Barb Brewer at 424-1278 or Barbara.brewer@travis.af.mil.

▲ Dance all night long at the Delta Breeze Club's Late Niter. A live DJ will be spinning the best of hip-hop, R&B and old school. The party starts at 10 p.m. and doesn't stop till 3 a.m.

Sunday

▲ Enjoy elegant dining at the Delta Breeze Club's Champagne Sunday Brunch from 10 a.m. to 1:30 p.m. Adult Club members pay only \$14.95, children 6 to 12 are only \$5.95, and kids under 5 eat for free.

Monday

▲ Spouse Employment Orientation is from 9 to 10 a. m. for newly arrived spouses. Topics include employment and career development programs at the Family Support Center. For more information, call 424-2486.

Tuesday

▲ Celebrate National Library Week at the Preschool Storytime from 9 to 10 a.m. Children will hear Amelia Bedelia-bookworm and make a spring mini book at the Mitchell Memorial Library.

▲ Win a minimum of \$200 at the Delta Breeze Club card drawing every Tuesday from 5 to 6 p.m. Each week, a club member's name will be selected at random. If that person is in attendance they win the

whole pot. A total of six names are drawn, after which the pot is increased by \$25 and rolled over until the next week if there is no winner.

▲ The Family Support Center Readiness NCO will conduct Personal Preparedness Briefings at 8 a.m. and 2 p.m. for those tasked with TDYs or contingencies. For more information or reservations, call 424-2486.

Wednesday

▲ The Delta Breeze Club has a lunch special for Administration Professionals Day. Club members who bring their administrative professionals to lunch will receive half off their own meal. Lunch is served from 11 a.m. to 1 p.m.

▲ The Travis Bench Press Club meets every Wednesday at 5 p.m. in the Fitness Center's weight room. This club was developed to encourage members to set and achieve their fitness goals. For more information, call Patty McMorrow or Barbara Hickenbottom at 424-898

▲ Women, Infants and Children representatives will be at the Family Support Center from 8:30 a.m. to 4 p.m. by appointment only. For more information, call 435-2200.

Thursday

▲ Women, Infants and Children representatives will be at the Family Support Center from 8:30 a.m. to 4 p.m. by appointment only. For more information, call 435-2200.

▲ The Family Support Center Readiness NCO will conduct Personal Preparedness Briefings at 2 p.m. for those tasked with TDYs or contingencies. For more information or reservations, call 424-2486.

▲ Cal-Vet Home Loans seminar is from 10 a.m. to 12 p.m. at the Family Support Center. For more information, call 424-2486.

▲ The Mitchell Memorial Library is having a Youth Essay contest this month. The essay must be 500 words or less on the topic, ***Who is your favorite poet and why?*** All entries must be turned into the library by tomorrow. The first place winner will receive \$25 in Services Bucks, second place will receive \$15 in SVS Bucks and third place will receive \$10 in SVS Bucks. Come to the library for details.

▲ Feed a family of four for less than \$20 at the Delta Breeze Club's Family Pasta Feed. Club members are invited to enjoy several different types of pasta, sauces and garlic bread. There will also be a children's area with toys and a large screen television setup with Disney movies. Adults are \$5, children 6 to 12 are \$2, and kids 5 and under eat for free.

Weekly

▲ Planning a road trip within the U.S. can be accomplished quickly and efficiently with the help of Tripmaker and Street Finder computer programs available at the Family Support Center. FSC relocation staff help people find the quickest, shortest, and alternative routes to destinations as well as printed directions and maps to take along. For more information, call 424-2486.

▲ The Family Support Center can certify typing speed. Don't go downtown and pay to have it done — the center staff will test speed and certify it for free. For more information, call 424-2486.

Here comes Peter Cotton Tail



Photo by Arielle Kohn / Visual Information

The Easter Bunny read a story and led the egg hunt at the Mitchell Memorial Library during preschool storytime April 6. The library has a storytime every Tuesday from 9 to 10 a.m.

Chapel Services

Protestant:

Sunday

- ▲ Community Praise Service, 8 a.m., Chapel Center
- ▲ Liturgical Worship Service, 8 a.m., Chapel One
- ▲ Sunday School, 9:15-10:20 a.m., RE Bldg next to Chapel Center
- ▲ Traditional Protestant Service, 10:30 a.m., Chapel Center
- ▲ Gospel Worship Service, 11:15 a.m., Chapel One
- ▲ Inside/Out Contemporary Worship, 5 p.m., Chapel Center

Catholic:

- ▲ Saturday Mass, 5 p.m., Chapel One
- ▲ Sunday Mass, 9:30 a.m., Chapel One
- ▲ Sunday Mass, 12:30 p.m., Chapel Center
- ▲ Faith Formation classes are offered for K-8th grade, RE Bldg.

Jewish:

For Jewish information please call 2nd Lt. Daniel Minkow at 424-1311.

For more information on these or other programs, please call Chapel Center at 424-3217.

Classifieds work!
Call 425-4646

Easter Eggstravaganza

Travis Youth Center hosted Easter fun



Photos by Christy Mann-liames / Visual Information

Russell Webster, III (top, left) won a large blue Easter Bunny donated by First Command at the Easter Eggstravaganza. Devin Sigley (top, right) asked the face painter to transform him into a Bunny Rabbit at the annual Easter Eggstravaganza on April 9. Makayla Wolff (right, left) was afraid to touch the baby bunny rabbit at the Easter Eggstravaganza.



Photo by Christy Mann-liames / 60th Services Marketing

Even the older children couldn't resist the excitement and raced to find the most plastic eggs filled with jelly beans, small prizes and tickets for bigger prizes.

Travel cardholders have payment option

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — Airmen with government travel cards can now make payments to their accounts online.

The “MyEasyPayment” system allows Airmen with government travel cards to pay off residual or unexpected charges not covered by split disbursement payments, said Josephine Davis, the Air Force banking liaison officer.

“Split disbursement of travel card payments is mandato-

ry for military members and by default for civilians, but there are unavoidable situations when the split-disbursed amount does not cover your total charges,” Ms. Davis said.

Airmen are required to use their government cards for airline tickets, hotels and rental cars for military travel. They may also use their cards to purchase meals and to get cash for incidental expenses.

When Airmen return from travel, they file a voucher so they can be reimbursed for their expenses. That payment, or disbursement, is split between the Airmen’s personal-checking account and their travel-card account. Airmen are responsible for indicating how much money should be sent to the travel-card account. If there is a miscalculation of the amount owed on the travel card, there

can be residual or unexpected charges still owed.

An example of an unexpected or residual charge is when an Airman makes a purchase overseas and the exchange rate changes before the merchant processes the charge, Ms. Davis said.

“There could be additional money owed there,” she said. “Instead of the transaction costing \$50, it may now cost \$52.

Another example is when Airmen lose receipts and forget about charges on their cards.

Despite those types of errors, Ms. Davis said Airmen are still responsible for paying off their accounts in full.

“Just like with any other credit card, it is our responsibility to know what we owe,” Ms. Davis said. “Sometimes you need to call the bank and find out what you need to pay.

This system gives you the opportunity to make those payments.”

Airmen with questions about being reimbursed for unexpected or residual charges on their accounts should contact their military travel pay office, Ms. Davis said. Travelers may need to file an amended travel voucher if they feel they are owed money.

The payment system is available at www.myeasypayment.com. To use the system, cardholders need to know the amount they want to pay on the card, the card’s account number and security code, and their checking account and bank routing numbers.

Ms. Davis said cardholders can check their account balance by calling the toll-free number on the back of the card.

Leaders approve device for combat ribbon

WASHINGTON (AFPN) — Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper have approved the addition of a gold border to the Air Force Expeditionary Service Ribbon to signify satisfactory participation in combat operations.

“This gold border, signifying participation in combat operations, reflects the global, expeditionary nature of airpower and our Air Force,” General Jumper said. “It recognizes the highly profession-

al service of our Airmen in designated geographic combat areas of operations, and the service of those who produce combat effects by employing airpower capabilities from outside that area.”

Airmen meeting the established criteria for award of the basic ribbon, 45 consecutive days or 90 nonconsecutive days in a designated combat zone, will also qualify for the gold border signifying participation in combat operations.

In addition to the criteria

for time in the area of responsibility, Airmen who are wounded or die while serving in the area, and those who participate in mobility operations into the designated area and who launch weapons into the area will qualify for the device. This includes air mobility and bomber aircrews flying missions outside the area of responsibility, as well as Airmen involved in space operations and remotely piloted vehicle operations that produce weapons effects in the AOR.





Courtesy Photo

Volunteer raft guides practiced flipping an over-turned raft right-side up and getting back in the boat as quickly as possible. Teams of two people competed against each other for the fastest time. More than 30 people from Travis and Beale spent four days on the American River learning how to read and navigate rapids, and tie specialty knots. The volunteers also learned how to rescue people that have fallen in the river.

Outdoor adventure program recruits, trains raft guides

By Brandon Lavin

60th Services Squadron

Each year the Travis Outdoor Adventure Program takes groups white water rafting on some of the local rivers. This program is possible due to the training program volunteer river guides must complete.

On April 2, OAP took 12 new recruits from Travis and 12 from Beale Air Force Base on an intense four-day training program. The training weekend involved workshops on reading the river, equipment usage, river rescue and hands-on training on boating down class III rapids.

"These training sessions happen once every year to provide fresh new guides to the program," said Mark Waters, Outdoor Recreation director. "Without great volunteers our program would fail. White water rafting is the most popular summer activity we provide."

OAP had 11 senior guides who helped in training and mentoring the 24 new recruits.

"By providing a joint effort with both Travis and Beale, everyone developed a good working relationship, friendship and teamwork which makes a close-knit group that is our volunteer staff," he said.

Upon completion of the training weekend, the aspiring guides have to demonstrate their skills and complete a written test.

"Being on the river as a guide means being responsible for the safety of the entire crew while still having fun," Mr. Waters said.

Outdoor Recreation's rafting season will kick off with an overnight rafting and climbing trip up on the Feather River on May 1 and 2. For a complete schedule of all the rafting trips and other outdoor trips, visit Outdoor Recreation on the web at www.60thservices.com.

Air Force wins sixth boxing championship

RENO, Nev. — The Air Force boxing team clinched its sixth consecutive National Collegiate Boxing Association title here April 3. Senior Clell Knight earned his second national title and was named the outstanding boxer of the tournament.

Air Force won the national team title with 40 points, edging out Navy who finished second with 36 points. Army rounded out the top three teams with 21 points. The Falcons have now won 18 of the 25 national team titles sponsored by the association.

At the 2004 national championships, the Falcons had 11 boxers earn all-American honors, with a collection of medals that included one gold, seven silver and three bronze.

Knight defeated Army's Matt Pride in a 156-pound bout to win his second national title. He is the 90th Falcon to earn an individual championship. Knight also won the 165-pound title during the 2003 championships.

Air Force recorded seven second-place finishes. One of six cadets making his first national championship appearance, freshman Willie Lloyd, was

defeated by Moon Kim of the University of Nevada-Las Vegas, at 112 pounds. Junior Darren Smith lost a 119-pound decision to Osahon Omo-Osagie of Lockhaven, while Blake Baldi fell to Todd Wilson of Virginia Military Institute at 139 pounds.

Junior Ryan Dorsey-Spitz finished as a runner-up to Anthony Peters of VMI at 147 pounds, while Leif Nordhagen lost in a decision to Ryan Healey of Nevada-Reno at 165 pounds. Augustin Kamdem earned silver-medal honors at 175 pounds, losing a decision to Amir Shareef of Navy, while Ryan Coates lost to Lockhaven's Miro Jelev when the referee stopped the contest in the third round.

"This meet shows why collegiate boxing is a total-team effort," Air Force head coach Eddie Weichers said. "Everyone contributes to the point-total. Yes, it's gratifying to win an individual championship belt and receive a gold medal, but putting 'national champions' on your photo and hanging a team banner ... means a lot to these cadet boxers."

Jogging: Avoid injuries, accidents while training on Travis

By Noel Fagan

Ground/Weapons Safety Manager

So you're a jogger or, excuse me, a RUNNER. Joggers or runners do much of their training on Travis streets.

Jogging is a great way to exercise and keep fit. After all, there's nothing easier than lacing up a pair of running shoes and heading outdoors. But jogging is not without risks. A little knowledge and preparation can go a long way to prevent injuries and accidents.

Travis streets are narrow and were not designed with troop movement lanes where joggers can run freely. Two tracks, one behind the gym and one at the duck pond, provide a safe jogging area separate from vehicles, industrial equipment and rush hour traffic.

These are the only areas on Travis that joggers can wear portable headphones while jogging.

Jogging on the sidewalks and streets of Travis exposes the jogger to vehicles and equipment hazards that significantly increase your chances of a mishap. One of the most serious problems for joggers is just not paying attention.

They become so preoccupied with the physical act of jogging that they lose touch with the moment. They are so busy concentrating on how much further they have to go and on putting one foot in front of the other, that they don't pay attention to what is happening right here, right now.

As a jogger, do not assume that the cars see you and it is safe to cross the intersection, wait for the light or for the traffic to stop for you.

The following safety tips are provided.

▶ Do stretching exercises before you start to reduce the chance of injuries

▶ Wear bright colors during the day and reflective material at night

▶ Run facing the traffic so you know what they are going to do

▶ Keep your self hydrated to prevent dehydration and heat stroke

▶ Double knot your shoes so they will not come untied causing a tripping hazard

▶ Don't overextend your abilities, build up gradually

▶ If you are not on one of the approved jogging tracks, do not wear a portable music device, it prevents you from hearing any warnings or approaching traffic.

Finally, stay on the sidewalk! Leave the street to the vehicles. Unless you're running with a 200-pound rubber bumper wrapped around your knees, you cannot compete with traffic for space on asphalt.

Please advise individuals/groups running around the gym that they need to run in the direction that faces traffic. The route of run should be east on Travis Blvd, then left on Burgan street.

If possible units should stagger the start times to eliminate large groups of runners that cannot stay on the sidewalks. This will allow the runners to see the traffic and reduce the risk of them getting in the path of a vehicle.

Additionally please brief the group run units that they need to have road guards posted at any driveway on intersection to control traffic. The road guards should be wearing a reflective vest to ensure that vehicle operators see them and recognize the intentions of the road guards.

AF wrestling team wins national title

By Staff Sgt. Lucia Newman

Air Warfare Center Public Affairs

LAS VEGAS — The Air Force wrestling team won its second consecutive national team title, took home two Greco-Roman division medals and added an unexpected name to the 2004 Olympic trials roster during the U.S. National Wrestling Championships here April 9 and 10.

Greco-Roman wrestlers Steve Woods took the silver in the 163-pound division and Aaron Sieracki won a bronze in the 184-pound division. Winning the medals pushed the Air Force team past the Sunkist Kids team by 5 points for the Division 2 Greco-Roman National Team Championship. In all, seven of 14 Airmen scored, earning the team a total of 25 points.

"We had a mixture of veterans and new members in the two-day competition and this is always a challenge," coach Richard Estrella said. "Our goal was to gel together as a team, and that carried us through, and we peaked at a good time."

A 10-year wrestling veteran

and World Class Athlete Program member, Woods grabbed the seat in the finals of the 163-pound Greco-Roman division after defeating two-time national champion and 2002 fifth place world wrestling champion T.C. Danzler, 2-1, in the semifinals. An unsuccessful effort to pin Darryl Christian of the New York Athletic Club in the final 10 seconds of the finals match cost Woods the gold. But his victory over four-time national champion and armed forces champion Keith Sieracki, of the Army, during earlier 2004 championship competition earned him a spot in the U.S. Olympic trials. The trials take place May 21 to 23 in Indianapolis.

"The Air Force is often thought of as a softer force when compared to the other services," Woods said. "So when I get that chance to beat a Marine or Soldier, it makes that win that much more satisfying because I get to show them we are a strong fighting force."

The Air Force team had two others make it to the semifinal round. Jacob Hey finished fourth in the 132-pound divi-

sion, and Corey Farkas finished fifth in the 264-pound division.

In other bouts, Anthony Booker finished eighth in the 121-pound division, Aaron Sieracki finished third in the 184-pound division, Philip Johnston finished seventh in the 211-pound division, and Kevin Hoy finished fifth in the 264.5-pound Men's Freestyle division. The finishes qualified all seven for the U.S. Olympic trials where they will all battle for a chance to compete at the Olympic Games in Athens, Greece, in August.

"I expected to see this (type of performance) from all my guys, and they stepped up to the plate," said Estrella, who has coached the Air Force team for 17 years. "A true tribute to the program was that Anthony (Booker) is a first-year wrestler, and he capitalized on a small break to make it to the trials."

Booker's break came when two-time Olympian and silver medalist, national champion and world champion Dennis Hall withdrew because of an injury in the beginning of the event. Booker went on to win in the consolation quarter-final 7-



Photo by Airman 1st Class Daniel DeCook/AFPN

LAS VEGAS — Steve Woods, 2004 armed forces champion in the 163-pound Greco-Roman wrestling division, spins an opponent during the U.S. National Wrestling Championships here April 9. Woods took the silver in his division and will represent the Air Force at the U.S. Olympic trials May 21 to 23 in Indianapolis.

5, which placed him in the Olympics trials.

The team returns to the Olympic Training Center in Colorado Springs, Colo., to begin training for the trials.

"Though it seems as if we had a successful weekend, we are not satisfied just yet,"

Estrella said. "We expect to do well during the trials and have one or two Airmen on the Olympic team. We even expect them to win a medal at the Games. We're not changing anything we're doing. ... We're going to work, right back to work to prepare for Indianapolis."

Academy Falcons lose 16-2 to University of Oklahoma

NORMAN, Okla. — Eighteenth-ranked University of Oklahoma hit a season-high five home runs to beat the Air Force Academy team here 16-2. The Falcons fall to 5-27 for the season, while the Sooners improve to 22-11.

Tyler Gooch (1-0) picked up the win for the Sooners, holding the Falcons scoreless through seven innings while fanning six. Paul Vignola (1-7) took the loss for Air Force allowing two runs in two innings pitched.

Oklahoma scored two runs in the bot-

tom of the first inning off a home run and two doubles taking a 2-0 lead. Andrew McGuire homered to right field for the first run and then Ole Sheldon scored after doubling on Eric Thornton's two-bagger.

The Sooners went to the longball again in the third to score three more runs and take a 5-0 lead. McGuire hit his second homer of the game in almost identical fashion, hammering an offering from Falcon reliever Blake Nixon over the wall in right field. Ryan Rohlinger

then doubled and scored on Sheldon's home run to left field.

Oklahoma scored four more in the fourth on five hits to make it a 9-0 game. The Sooners tacked on six more in the fifth, with Ryan Rohlinger and Scott Brooker homering to make it 15-0.

The Falcons got on the scoreboard in the eighth inning scoring two runs. Jason Brown hit a towering home run that curled around the left field foul pole for the first run, and Jon Polston scored the second run on a wild pitch by Sooner

reliever Charles Benoit to make it 16-2.

Air Force was held to four hits while committing three errors. Four Sooners had three hits, and two more had two hits.

Also seeing action in relief for the academy were Clayton Couch, Jeff Tetrault, Kyle DePierre and Mitch Brown.

The Falcons play again April 16 to 18 with a three-game series at home against New Mexico.

SPORTS SHORTS

TRAVIS AIR FORCE BASE

Softball season hits Travis

The Intramural Softball coaches meeting is at the fitness center conference room at 2 p.m. on April 20. All coaches must bring the letter of intent including the team roster.

Women's recreational softball league coaches meeting is at 2 p.m. April 27. For more information, call Arlene McGinnis at the fitness center at 424-2085.

Join America's Kids Run

Travis youth ages 5 to 13 years may now sign up to participate in the nationwide event known as America's

Kids Run May 15. Register at the youth center. For more information, call the youth center at 424-5392.

See the Giants play

Information, Tickets and Travel has San Francisco Giants' tickets on sale now for select games. See the Giants play the Los Angeles Dodgers Saturday and the Atlanta Braves on April 28. Prices range from \$16 to \$23 depending upon location and day. For more information, call ITT at 424-5659.

Golf and win

Get Into the Swing of Things with the new Air Mobility Command promotion and possibly win the grand prize of \$1,000. Everyone who pays for at minimum of nine holes of golf at Cypress Lakes will receive an entry form. At the end of April and May Cypress Lakes will give away \$200, \$100 and two \$25 prizes with a final \$500 grand prize awarded at the end of the promotion.

Savings Bonds

Did you know that U.S. Savings Bonds information is available on the Internet? The address is *www.publicdebt.treas.gov*. Find out about maturity periods, tax benefits and the values of your Savings Bonds.

Aerobics Schedule

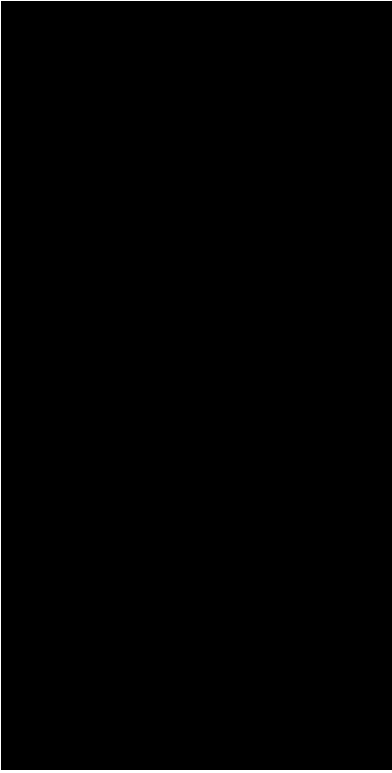
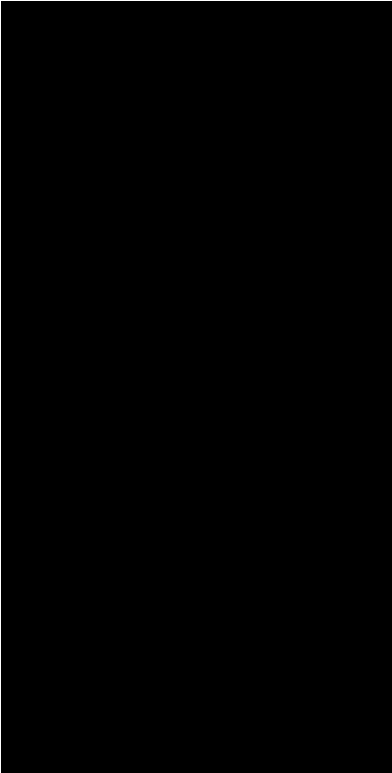
Monday	Tuesday	Wednesday	Thursday	Friday
6:30 - 7:30 a.m. Squadron Cycle	7 - 8 a.m. Squadron cycle	6:30 - 7:30 a.m. Squadron cycle	6:30 - 7:30 a.m. Squadron cycle	7:30 - 8:30 a.m. Squadron cycle
11:30 a.m. - 12:30 p.m. Core Step	8:30 -9:30 a.m. EZ Does It	9:30 - 10:30 a.m. Yoga	8:30 -9:30 a.m. EZ Does It strength	8:30 - 9:30 a.m. EZ Does It Strength
3 - 4 p.m. Squadron cycle	11:30 - 12:30 p.m. Core cycling	11:30 - 12:30 p.m. Core Step	11:30 a.m. - 12:30 p.m. Core cycling	9:30 - 10:30 a.m. FIP
4 - 5 p.m. 'Phat' Fitness	3 - 4 p.m. Squadron cycle	3 - 4 p.m. Squadron cycle	12:30 - 1:30 p.m. Squadron cycle	11:30 - 12:30 p.m. Core Step
5 - 6 p.m. Core step aerobics	4 - 5 p.m. Squadron cycle	4 - 5 p.m. Squadron step	3 - 4 p.m. Squadron cycle	4 - 5 p.m. 'Phat' Fitness
6 - 7 p.m. Turbo Kick	5 - 6 p.m. Core step aerobics	5 - 6 p.m. Step	4 - 5 p.m. Squadron cycle	5 - 6 p.m. Turbo Kick
7 - 8 p.m. Core Rep Reebok	6 - 7 p.m. PiYo	6 - 7 p.m. Turbo kick	5 - 6 p.m. Core cycle	6 - 7 p.m. PiYo
	7 - 8 p.m. Cycling	7 - 8 p.m. Cycling	6 - 7 p.m. Hip-Hop	
			7 - 8 p.m. Rep Reebok	
Martial arts dojo				
4 - 5 p.m. Pregnancy/Postpartum class at the HAWC	9:30 - 10:30 a.m. Pregnancy/Postpartum class at the HAWC	11 - noon Intro to Yoga	9:30 - 10:30 a.m. Pregnancy/Postpartum class at the HAWC	11 - noon Intro to Fitball
5 - 7 p.m. Aikido	11:30 - 12:30 p.m. Pilates	12 - 1 p.m. Intro to Pilates-HAWC	5 - 6 p.m. Pilates	
7 - 8:30 p.m. Kickboxing	6 - 7 p.m. Beginner Yoga	4 - 5 p.m. Pregnancy/Postpartum	6 - 7 p.m. Yoga	
		5 - 7 p.m. Aikido	7 - 8 p.m. Faithfully fit at the Chapel	
		7 - 8 p.m. Kung Fu San Soo		

Airman’s The Book 2003

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Toni ght
6:30 p.m. — *Agent Cody Banks 2 (PG)* — Frankie Muniz stars as Cody Banks, the teen spy who can’t figure out how to talk to girls. He returns to Kamp Woody for more CIA training before moving to London as a foreign-exchange student.

Tomorrow
6:30 p.m. — *Hidalgo (PG-13)* — Viggo Mortensen, Omar Sharif — In 1890, a wealthy Sheik invited an American, Frank T. Hopkins, and his horse, Hidalgo, to enter the race which pits him against Bedouin riders determined to prevent a foreigner from finishing.

9 p.m. — *Starsky and Hutch (PG-13)* — Ben Stiller, Owen Wilson — Based on the popular 1970s cop show of the same name.

Sunday
2 p.m. — *Agent Cody Banks 2 (PG)*
Travis movie schedules are subject to change after publication. For up-to-the-minute information, call 437-3855 or visit www.aafes.com/ems. Admission to the movie is free for ages 5 and below, \$1 for ages 6-12 and \$2 for ages 13 and older.